



Outdoor Adventure Program

The County of San Diego's Teen Outdoor Adventure Program allows REC Club participants an opportunity to experience the great outdoors through multiple outdoor adventure trips. The program is free and open to REC Club participants with regular attendance and good behavior. The program focuses on health and wellness, team building, environmental education, community service, leadership skills development, career development. Participants are able to experience their success in the moment, whether it is riding 16 miles on a bike, canoeing for 32 miles down the river, conquering a hill while backpacking, sleeping in a tent in the wilderness, pushing themselves to climb a rock climbing route when they are afraid of heights, or surf in the ocean which is new and unfamiliar to them, they are able to see immediate and positive results in the risks they take. Outdoor Adventure Programs are offered year round.

Trips Include:

- Rock Climbing
- Skate Park Tours
- Mountain Biking
- Snowboarding
- Camping

REC Club Skatecrew

The Lakeside REC Club is currently forming a Skatecrew!!! The goal of the skatecrew is to create awareness about skateboarding in Lakeside and will be the youth voice for the proposed skatepark. The group meets on Wednesdays to watch and create skate videos, compete in skate competitions, create concepts for the proposed skatepark and in return take free trips to local skate spots to get inspired. Skatecrew is open to youth ages 10 to 17 and all skill levels.

Skatecrew

Wednesdays 4:00pm – 5:00pm

Energy Saving Adventures

Energy Saving Adventures (ESA) is the new REC CLUB perspective, taking charge of our future in resource conservation. The daily after school program inspires and empowers youth to create change in the world around them. From film to tournaments and experiments to projects, each day teens tackle important concepts through an Energy Saving Adventure. Once a month we dive in deeper and experience conservation first hand. Field trips vary from surfing and rock climbing to hitting up our local museums. This is the new "REC CLUB unplugged"

Daily ESA activities include:

Movin' Monday

4:00pm - 6:00pm

Tournament Tuesday

3:00pm - 5:00pm

Wired Wednesday

4:00pm - 6:00pm

Thrifty Thursday

4:00pm - 6:00pm

Free For All Friday

4:00pm - 6:00pm



GO Green!

Help preserve the environment
by receiving our activity
guide via email. Sign up at
www.sdparks.org